

One woman out of every three will experience some type of sexual assault in her lifetime. Statistics also show that 85% of women who immediately resist their attacker escape without the use of weapons.



The Surfside Police Department is hosting a Women's Self Defense Class on June 11th from 5:30pm to 8:00pm at the Community Center. The training shows you how to resist and how to escape a sexual assault. The techniques are easy-to-learn and easy-to-use. The training will show you how to escape a standing assault and what to do if the attacker has you pinned on the ground. These techniques do not require strength, speed or coordination and are perfect for women of all ages and physical types. This class is free of charge.

A waiver must be signed by all students and/or legal guardians. Please wear gym attire including sneakers. Pre-registration is required.

If you have any questions or you would like to register for the class please contact Dina Goldstein at (305)861-4862.